

- National Rowing Centre Of Excellence -

NRCE Memo - 12 March 2009

1. National Selection Trials Initial List

a. Invitation List

i. The NRCE has now released the Initial Invitations List for the upcoming selection trials. This list contains athletes who have nominated and have gained the appropriate small boat placings at the National Championships in line with the Senior A and Under 23 Event Supplement. Additionally a small number of wildcards have been given, with a number of these conditional.

b. Power-Time Ergometer Testing

- i. There are a number of athletes on this list who have not fully completed the Power-Time ergometer testing that was scheduled for late January. As indicated it is the responsibility of the athletes and coaches to complete this testing as quickly as possible and send the results into Tony Rice at the NRCE.
- ii. Additionally, all athletes on the invitation list are required to complete the Power-Time ergometer testing scheduled for early April.
- iii. Please note that due to Easter we have allowed some flexibility in the start date of the April testing. If you choose to start early please follow the revised weekly testing and training schedule as outlined by Tony Rice.

c. Final Invitation List

i. The final invitation list is scheduled to be published 13 April following the review of the April Power-Time ergometer testing week.

2. National Selection Trials

a. Timings

- i. At the start of the Selection Trials a briefing will be held and is scheduled for 5:00pm Thursday 16 April in the SIRC grandstand. All invited athletes and coaches are expected to attend.
- ii. The scheduled conclusion of the Selection Trials is Sunday 26 April which will entail a 2000m speed order trial for all shadow crews – from which the final crew list will be nominated to the RA Board for selection in the 2009 teams. Following the Speed-order trial, briefings for these athletes will be held with Team Management.

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b. Trials small boats

- i. As outlined on the Invitation List, all athletes are expected to start racing in the small boats indicated on this list. For those racing in coxless pairs, please note that all pair partners have also been indicated on this list.
- ii. It is planned that all athletes will be scheduled to race in these small boats three times, twice on Friday 17 April, and a further race on Saturday April.
- iii. Of special note is the format for the lightweight men, in which all athletes will start racing in coxless pairs before moving to other boats.

c. Lightweights

- i. Please note the weight requirements as outlined in the Event Supplement (section 5.d)

d. Boats

- i. SIS/SAS Head Coaches will be required to bring small boats for their athletes.
- ii. Big boat requirements will be discussed in the coming weeks.

e. Training prior to trials

- i. It is anticipated that the SIS/SAS Head Coaches will begin to direct training programs to be in line with the NRCE National Training Blueprint.
- ii. At the conclusion of the small boat racing athletes will then begin trialing in bigger boats. It is therefore very important that all athletes are given ample time training in bigger boats in the lead up to the selection trials in order to maximise trials performance in big boats.
- iii. If you need further advice on training, please don't hesitate to contact either Lyall McCarthy (National Head Coach – Women) or Noel Donaldson (National Head Coach – Men).

f. SIRC

- i. As indicated in previously, the venue will be open from 14 April. Emergency medical services will begin on the afternoon of 14 April. Rescue and water safety will begin on the 17th.

g. Medical Coverage at Trials

- i. As previously communicated, the NRCE will provide medical and physiotherapy coverage from the afternoon of Thu 16th April until the end of the trials.
- ii. Medical and physiotherapy services required before this point will need to be sourced locally in Penrith.
- iii. All pre-existing medical conditions (including injuries) need to be reported to the NCRE Principal Medical Officer and Sports Medicine Coordinator via the normal channels. This must occur at the time of illness or injury.
- iv. Any athletes with pre-existing medical conditions (including injuries) that are not reported through the correct channels may be excluded from taking part in the Selection Trials.

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3. International Tours

a. Planning

- i. Tour planning for all tours is progressing in line with the NRCE calendar on the Rowing Australia website.

b. Passports

- i. All athletes should check that their passports are still valid, and will remain valid for at least 6 months from the scheduled time of departure.

c. Excess luggage

- i. Please note that we have reviewed our position on excess luggage on all flights.
- ii. It is now a requirement that all athletes remain within the maximum weight allowance i.e. 20kg. If any athlete arrives at the airport with more, then it is their responsibility to pay for this excess luggage.
- iii. With the above in mind all touring athletes have the possibility to sea freight items for Europe. These items must be sealed in a small plastic box with the athlete's name and list of contents clearly marked on the outside. These must be loaded by you under the direction of NRCE staff at the conclusion of the Selection Trials at SIRC in order to be shipped.
- iv. Suitable items for sea-freighting include extra clothing / footwear, packaged non-perishable food items, books, tools etc.
- v. Due to the short length of the tours, it is not anticipated that that athletes' bicycles will be required in Europe.

4. State Implementation Budget

- a. As indicated to each of the State Institutes/Academies and State Rowing Associations, the NRCE has allocated considerable money to assist State high performance programs. A large proportion of this has been allocated to pay a large proportion of the cost of the National Selection Trials. Each SIS/SAS will be provided money to assist with each invited athletes' accommodation and food, plus flights if applicable (able bodied and adaptive).
- b. It is expected that athletes from within each respective State (whether a SIS/SAS scholarship holder or not) will be assisted by the SIS/SAS programs in line with the funding. AIS athletes will be covered by the AIS.
- c. Exact details of the funding will be sent directly to each SIS/SAS Head Coach for their dissemination.

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Yours sincerely



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